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**American Indians' contributions
to the Army and the U.S.
highlighted during annual luncheon.
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*Fort Jackson dining facilities
Thanksgiving meal times
can be found on Page 18.*

The Fort Jackson *Leader*

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Soldiers' deaths unrelated

Crystal Lewis Brown
Leader Staff

The deaths of three Basic Combat Training Soldiers are unrelated, the Fort Jackson chief of staff said last week.

The Soldiers, who were in three different units, died in September and October under varying circumstances.

"We have conducted a comprehensive fatality review of these tragic deaths, and have concluded the deaths were unrelated. We continually assess and reassess Soldier training safety," said Col. J.R. Sanderson, Fort Jackson chief of staff.

"Soldier safety is a critical aspect of our training program and

we have thoroughly reviewed all our actions concerning these unfortunate deaths."

According to the official report, Pvt. Derryl Britt, a 20-year-old assigned to Company B, 2nd Battalion, 13th Infantry Regiment, began to feel dizzy after completing afternoon physical training. He soon began vomiting and was transported to Palmetto-Richland Hospital. At the hospital, doctors determined that he had a brain hemorrhage. He died Sept. 27.

Pvt. Dominique Brooks, who was assigned to Company E,



**Pvt. Derryl
Britt**



**Pvt. Dominique
Brooks**



**Pvt. Andrea
Rosser**

See Deaths Page 4

Post works to mitigate CIIP clothing shortage

Susanne Kappler
Leader Staff

A uniform shortage is responsible for the different look graduating Soldiers have been sporting recently.

A shortage in jackets and trousers forced Soldiers with the 1st Battalion, 61st Infantry Regiment to graduate from Basic Combat Training in Army Combat Uniforms instead of Class A uniforms Friday.

Some uniform items are in short supply at Clothing Initial Issue Points Army-wide because of manufacturers' difficulties in keeping up with the demand, explained Col. Lillian Dixon, Fort Jackson garrison commander.

"The current environment makes it challenging to produce quickly enough to meet the demand," Dixon said. "It's simple economics."

Short-supply items include berets, polyester and polypro undergarments, Improved Physical Fitness Uniforms, Class A men's coats and trousers. All of the items are part of a Soldier's "bag list" — items that are issued to a Soldier during Initial Entry Training.

"It's not that we don't want to issue the clothes — we don't have the items to issue," said Henry Geathers, logistics manager with the Directorate of Logistics.

He explained that shortages in inventory are not unusual because of spikes in demand.

"Now, this year, it's probably more severe than in prior years because the load has stayed high for quite a while," Geathers said.

"On top of that, priority has to be with our Global War on Terror mission," Dixon explained.



Photo by Susanne Kappler

Soldiers with the 1st Battalion, 61st Infantry Regiment graduate Friday in their Army Combat Uniform rather than the traditional Class A uniforms because of an Army-wide shortage of jackets and trousers, among other items.

See Shortage Page 3

COMMANDERS' CORNER

From the Commanding General

Remember those away from home on Thanksgiving



Brig. Gen. May

In two days, we celebrate Thanksgiving with our family and friends. This year, like every year, we reflect on all the wonderful things in our lives for which we are thankful. As Soldiers, we extend those thoughts and our prayers for our deployed Army family members who spend this day downrange defending the freedoms that continue to make these American traditions possible. It takes courage, sacrifice and selfless service to man the front lines of democracy. As necessary as these deployments are, they never come easy. American Sol-

diers will carry on their missions today aware of the many dangers as we celebrate in the comfort and safety of our own state-side Army community, immersed in food and football games. I ask all of you to take a few minutes today and remember our Army family members abroad. The knowledge that they are in our hearts and thoughts supplies the inner-strength that it takes to carry out their difficult missions successfully. As coincidence would have it, Thanksgiving came to be a national holiday during a time of war, and mainly due to an effort almost 150 years ago to ensure that Soldiers in the field could enjoy some of the comforts of home. During that time of conflict, Abraham

Lincoln put it this way: "We have been the recipients of the choicest bounties of Heaven; we have been preserved these many years in peace and prosperity; we have grown in numbers, wealth, and power as no other nation has ever grown." President Lincoln sounded those words in 1863 during the heat of the Civil War. Our nation prevailed in that conflict and became stronger than ever before. Today, as our Army and other military brethren take on the War on Terror, those words still ring in our hearts as we savor the privileges and unparalleled freedoms that Soldiers have helped secure for two centuries and counting. You can take solace in knowing that our troops in Iraq and in Afghanistan will

mark today in the most fitting way possible as they continue to plow forward in the Global War on Terror. They know that they are in our thoughts. Let us all take a few minutes and dedicate a prayer or thought toward those who cannot be among us today. On a personal note, I would like to express my thanks and appreciation for all of you who contribute to make Fort Jackson such a magnificent installation. Sometimes we take for granted the effort and hard work that is exerted and performed daily to maintain the high standard of excellence that is apparent everywhere on post. Jan, Chad and I extend to you and your loved ones our warmest wishes for a great Thanksgiving Day.

Ask the Garrison Commander

NCO Club Children's Holiday Party; copy of OMPF

Q Is the NCO Club having a Children's Holiday Party this year?

A The NCO Club's popular holiday party is scheduled for 8:30-10:30 a.m., Dec. 13 with full a breakfast buffet, creative children stations, games and a pinata. Santa arrives at 10 a.m., and pictures with Santa are available. There is no charge for children under 3, the cost is \$3.50 for children 4-11 years old and the cost for adults is \$5.50. Call the NCO Club for more information, 782-2218.



Col. Dixon

Q I need a copy of my Official Military Personnel File to submit with my Warrant Officer Packet. How do I go about getting a copy?

A The Warrant Officer Board will request a copy of the candidates OMPF upon review of the Warrant Packet.

Garrison Fact of the Week
The Fort Jackson Golf Club's Annual Holiday Open House Sale begins Dec. 6. The Golf Shop will have a broad selection of apparel and equipment in stock and this is an

opportunity to purchase that special gift for the golfer on your list. Sale prices will be offered on in-stock outerwear, shirts, sweaters and blouses from name-brand vendors. Selected in-stock equipment will also have discounted pricing. Selected in-stock golf accessories, such as pull carts, bags, shoes, etc., will also be discounted. Gift certificates are also available and make great gifts. Golf lessons with one of our PGA professional also make a great gift.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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NEWS

Army families recognized, honored for volunteerism

Crystal Lewis Brown
Leader Staff

Twenty Army families were honored for their contributions to the community during the annual Families of the Year Awards ceremony Wednesday at the MG Robert B. Solomon Center.

The awards ceremony was just one part of Military Family Week, said Marilyn Bailey, Army Community Services volunteer corps coordinator.

"What we do at Fort Jackson is take a week and celebrate our families," she said. "The awards honor those families who have made exemplary contributions to the Fort Jackson community and the surrounding area."

Each year, Fort Jackson's various units and organizations have the opportunity to nominate families who meet three criteria: individual growth, love and teamwork and friendship and service. All nominations are endorsed by the colonel-level commander of each unit or organization.

During last week's ceremony, children, parents — and even grandparents — were acknowledged by Brig. Gen. Bradley W. May, Fort Jackson commanding general, for their contributions.

"This is a big deal today. It's a big deal because Army families mean so much to this installation and to Jan and me personally," May said, referencing his wife.

"Military families are the unsung heroes who make an amazing contribution during a time when we find ourselves at war," he added. "Military families know that military service is not just a job, it's a lifestyle."

Besides the public recognition, families received a plaque, an Army and Air Force Exchange Service gift certificate and coupons, a fruit basket, a box of pop-



Photo by Crystal Lewis Brown

Brig. Gen. Bradley W. May shakes hands with Tyona Bowman, 7, as her mother looks on. The Bowman family was one of 20 honored in a ceremony last week.

corn and the basics for a turkey dinner, including the turkey, stuffing and cranberry sauce. The awards were provided by the event's sponsors: AAFES, the Defense Commissary Agency and Family and Morale, Welfare and Recreation.

Despite the individual recognition, Bailey said the ceremony is something that benefits everyone.

"A lot of times, we don't know the contributions families make to the community," she said. "A once-a-year recognition is good, I think, for the entire community. It raises the morale of the entire Army family."

Sgt. 1st Class Ron Doiron, his wife, Wendy, and their three children, were among those honored as Families of the Year. The Warrior Transition Unit Sol-

dier said the experience was humbling.

"It's nice to be recognized," he said. "I like doing what I do, (Wendy) likes doing what she does. The whole family volunteers in some way or another in the community."

He said he volunteers with the Boy Scouts and Cub Scouts, while his wife serves as the WTU Family Readiness Group leader and Boy Scouts treasurer.

Their 15-year-old daughter, Jessica, volunteers at the Thrift Shop and 12-year-old Kyle volunteers with the Boy Scouts.

Even Ronny, the couple's 19 month old, does his part, says his mom.

"The little one donates his cuteness to everyone," she said, laughing.

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2008 Fort Jackson Families of the Year

Sgt. Nicholas Arnold and spouse, Kristi

Children: Autumn (9), Devin (6), Jacob Dylan (3), Nicholas (1)

Staff Sgt. Kandee Bennett and 1st Sgt. Anthony Bennett

Children: Whitney (13), Marcus (12), Ashleigh (6), Dorothy Metz (Mother)

Sgt. 1st Class Randal Bitz and spouse, Eugenia

Children: Brittany (17), Kaley (14), Kelsey (11), Bradley (7)

1st Lt. Ty-Salaam and spouse, Shannon

Children: Tyona (7)

Sgt. 1st Class Jerry Butler and spouse, Donna

Children: Breona (10), Keona (10)

Staff Sgt. Robert M. Cooley and spouse, Andrea

Children: Robbie (12), Hannah (7)

Sgt. 1st Class Ron Doiron and spouse, Wendy

Children: Jessica (15), Kyle (12), Ronny (19 months)

1st Lt. Brite Donkor and spouse, Juliet

Children: Briston (22), Chris (17), Emmanuel (11), Paul (4)

Capt. Gina Ferguson and spouse, Steven

Children: Job (8), Myles (6)

Staff Sgt. Jeremy Fernandes and Staff Sgt. Siesa Fernandes

Children: Jayden (1)

Sgt. 1st Class Sarah Haas and spouse, David

Children: Rachael (2)

Sgt. Quentin Galloway-Hilliard and spouse, Kevin

Children: Jordan (1)

1st Sgt. Patrick Lisbon and Sgt. 1st Class Cindy Lisbon

Children: Patience (2)

Master Sgt. Richard Lopez and spouse, Briselle

Children: Brimalis (17), Lizmarie (16)

Command Sgt. Maj. Michael E. Kinzie and spouse, June

Children: Toni Scott (30) married to Sgt. 1st Class Daniel Scott, Ft Benning, Ga., Jerri Kinzie (26), Spc. Michael Kinzie (23), spouse Sgt. Lekishia Kinzie, Ft Carson, Co., Jessica Kinzie (11)

Chaplain (Capt.) David Morrison and spouse, Julie

Children: Frances (3)

Sgt. 1st Class Jimmy Oates and spouse Donna

Children: Shannon (14), Jaliyah (11), Kianan (8), Kaynoi Rose (2)

Staff Sgt. Toby Samsal and spouse, Bonny

Children: Mikaila (13), Noah (9), Angel (5)

Sgt. 1st Class Tracy Thomas and spouse, Judy

Children: Anthony (16), Michael (8)

Maj. Chris Woody and spouse, Rhonda

Children: Tanner (13), Rachael (10), Morgan (8), Eli (7)

DFACs prepare for feasts

Mike A. Glasch
Leader Staff

Final preparations are under way for Fort Jackson's annual Thanksgiving Day meal. More than 13,000 Soldiers, family members, retirees, DA civilians and their guests are expected to feast at one of the nine DFACs opening their doors Thursday.

"That's three times the amount we feed on any given day," said Michael Heckman, food program manager. "It takes a lot of hard work and dedication by all of our employees."

Fort Jackson's food service managers have stocked up on 5,559 pounds of turkey, 4,391 pounds of ham, 3,895 pounds of beef, 1,700 pounds of shrimp, 702 pounds of duck, 1,932 assorted pies and 295 gallons of eggnog.

"When combined with all the fixings, side items and fellowship shared with other members of their Army family — the meal should be one to remember for the Soldiers of Fort Jackson," Heckman said.

The 120th Adjutant General Battalion (Reception) dining facility will host military retirees and guests of military identification card holders not assigned to a unit, from 1:30 to 2:30 p.m.

For more information guests should call (803) 751-4015.

In keeping with long-standing Army tradition, commanders and officers of each unit will don dress-blue uniforms and serve the meal to their Soldiers, families and guests.

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Shortage (continued from Page 1)

"It doesn't mean that the Soldiers (here) won't get outfitted," she clarified. "But they may not get 100 percent right away."

Fort Jackson is working with the Defense Supply Center Philadelphia to correct the situation.

"One of the things DSCP has done is they've gone out and looked for other resources or sources that can produce the same quality of equipment," Dixon said.

Brig. Gen. Gustave Perna, DSCP commanding general, visited Fort Jackson recently to get a first-hand account of the supply challenges.

"I get a good feeling from Brig. Gen. Perna that he is going to be very proactive to help us out," Dixon said.

One of the things DSCP has already established is a new warehouse in North Columbia, which opened June 27.

"They've put a warehouse right here so that we can get daily deliveries as opposed to having to have somebody ship them all the way

down from another state," Dixon said. "That's one of the initiatives that DSCP has put forward to help us get items as quickly as possible."

Officials at Fort Jackson have also taken action locally. Communication has been established with other installations to ascertain if they are able to help out with items.

In addition, CIIP is accepting shipments after duty hours.

"We've been willing to accept late shipments, even after normal duty hours and the contractor has been willing to deliver them after duty hours, if necessary, so that in the morning, when the Soldiers come through, we're able to have those items there," Dixon explained.

Soldiers who are short on items after graduating basic training will receive them as soon as they become available.

"When they go to AIT (Advanced Individual Training) if they're short some items, they can get the items there or once they get to their permanent duty of assignment," Dixon said.

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Around Post

Commissary Holiday Hours

The Commissary Thanksgiving holiday operation hours are:

Today — 7:30 a.m. to 8 p.m.

Wednesday — 7:30 a.m. to 8 p.m.

Thursday — Closed Thanksgiving.

Friday — 7:30 a.m. to 6 p.m.

Saturday — 9 a.m. to 8 p.m.

DoD Travel Card Transition

DoD travel cards will transition during the next 30 days. Cardholders should have received and verified receipt of the new Citibank cards. The Citibank travel card will become effective Sunday. Those traveling Saturday and Sunday will need to travel with the Citibank and Bank of America cards. BoA travel cards can be destroyed Sunday.

AG School AoR

The Adjutant General School's Assumption of Responsibility is set for 4 p.m., Dec. 11 at the Soldier Support Institute auditorium. Command Sgt. Maj. Darlene C. Hagood will also serve as the AG Regimental command sergeant major.



*Home for
the Holidays*

Garrison holiday celebration

6-11 p.m., Dec. 5
Officers' Club
\$15 per person
dress is holiday attire
Social Hour is 6-7 p.m.

Use extra caution during the 'Loaded 45'

Crystal Lewis Brown
Leader Staff

In a narrow hallway in the Fort Jackson Safety Office is a wall that holds six framed photographs, representing members of the Fort Jackson family lost to accidental deaths. Above the photographs is a saying: "This is Why!"

That simple phrase, said Sean O'Brian, Fort Jackson safety director, is a reminder to those in his office why they do everything they can to keep the Fort Jackson community safe.

And as the holiday season approaches — a timeframe dubbed the "Loaded 45" — the safety office is doing even more than usual to prevent accidents. The Loaded 45 refers to the 45 days between Thanksgiving and New Year's and is characterized by increased travel, inclement weather and holiday parties that may include alcohol, O'Brian said.

With more than 12,000 Soldiers leaving for Block Leave, the likelihood for dangerous situations increases.

"When we start putting all those things together, we have the possibility of accidents occurring," O'Brian said.

The Loaded 45 safety campaign is one way the installation educates Soldiers, family members and DA civilians on how to avoid the risks associated with the holiday season.

"We try to look at all the hazards that are out there that involve using a privately

owned vehicle and educate our folks on it," O'Brian said.

Fort Jackson has not had a POV fatality in more than two years, he said, and leaders would like to keep it that way.

"I'd like to keep the streak alive, because as long as we've kept the streak alive, we've kept the people alive," he said.

Gen. William S. Wallace, commanding general of the U.S. Army Training and Doctrine Command, also addressed the importance of staying safe this holiday season. "Last year TRADOC enjoyed an accident-free Thanksgiving holiday," he said in a Thanksgiving holiday safety letter. "We must continue to aggressively address causes of motor vehicle accidents if we are to repeat that success."

O'Brian said there are some simple tips that can help keep drivers safe this season.

"Wear your seat belt. That's number one," he said. Drinking and driving, speeding and driving while sleepy are also major causes of accidents, he said. O'Brian stressed that even Soldiers who plan to drink only a little should make transportation arrangements in advance.

"Our stance remains, if you drink don't drive," he said. "Just because you're not legally drunk doesn't mean you're not impaired."

For those who drink at Family and Morale, Welfare and Recreation facilities, there is a free fare program that will give patrons who think they have had too much

to drink a ride home.

O'Brian also said holiday travelers should be aware of the changing weather conditions to plan for snow or other weather that could be dangerous for drivers.

One helpful tool is the TRiPS program, which allows users to complete a POV risk assessment before traveling. The assessment is required for Soldiers, but civilians are encouraged to use it as well. TRiPS can be accessed through the U.S. Army Combat Readiness/Safety Center Web site at <https://www.crc.army.mil>.

Another way post leaders are encouraging safety is by having all BCT and AIT Soldiers complete a POV safety contract with their platoon or drill sergeants before leaving for Block Leave. The contract is simply a way to ensure supervisors and their Soldiers discuss the risks of traveling, O'Brian said.

"At the end of the day, one of the most critical pieces is nothing more than the supervisor sitting and talking to the subordinate and imparting that sense of wisdom," O'Brian said.

He also encourages those who may be staying nearby to be especially vigilant when traveling.

"If you're not going on vacation, still keep these things in mind because you can get into trouble right outside the gate," he said.

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Deaths *(continued from Page 1)*

2nd Battalion, 60th Infantry Regiment, had just gotten out of the shower the morning of Sept. 25 when she started to show signs of distress.

Lying on the floor and breathing heavily, the 19-year-old was still able to answer her drill sergeant's questions, such as: Did you have enough to eat yesterday? Had this happened before?

Brooks eventually lost consciousness and was transported to the hospital where she died more than an hour later. The cause of death, according to reports, was a pulmonary embolism, or blood clot.

The cause of the most recent death, that of 21-year-old Pvt. Andrea Rosser, with Company D, 3rd Battalion, 34th Infantry Regiment, has still not been determined. According to official reports, during her last lap into the run portion of an Army Physical Fitness Test, her knees buckled.

Her drill sergeant, who was running with her, immediately ordered two Soldiers to assist. Though Rosser was alert and conscious, she seemed unable to speak.

"When the drill sergeant was asking her questions, she didn't talk, she only stared," said Lt. Col. Reggie Cotton, battalion commander.

Rosser died Oct. 25. So far, test results are inconclusive.

What is known, however, is that the facts of each of the cases show each of the young Soldiers died from different causes, had different fitness levels, and died during different facets of their training.

Britt was a former athlete who was among the top runners in the platoon, Jones said. He was in his first week of training.

Brooks, a married mother of two, was in her fifth week of training when she died, and was not participating in any type of physical activity when she collapsed.

Rosser, whose death coincided with the birthday of her 1-year-old son, was a former cheerleader, said Capt. David Staton, her company commander. She was making her fifth attempt to pass the run portion of the APFT when she began to show signs of distress, Staton said.

It is not unusual for BCT Soldiers to take the APFT several times throughout the nine weeks of training. Soldiers get several days of rest between each attempt, Staton said.

None of the Soldiers said they had any pre-existing medical conditions prior to entering the Army. Soldiers undergo a physical with the Military Entrance Processing Station prior to beginning training to determine any potential health problems, said Air Force Maj. Sherman Goodwin, Fort Jackson MEPS commander.

"During the course of the MEPS physical, the applicant reviews the (medical history) form. The applicant is given the opportunity to disclose information, medical or otherwise, that may preclude service," he said.

"The physical at the MEPS is more or less a snapshot of the person's physical health at that moment. Some underlying conditions may not display symptoms at all."

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NEWS

Bringing home to WTU Soldiers during the holidays

Crystal Lewis Brown
Leader Staff

Christmas came early for a group of more than 100 Warriors in Transition, and their family members, friends and supporters during the Warriors in Transition holiday social Friday at the MG Robert B. Solomon Center.

The Warrior Transition Unit and Soldier and Family Assistance Center, along with several community groups, came together in one of many events aimed at bringing the WTU together.

Jesse Deberry, SFAC director, said the purpose of the social was to provide another outlet for the families to have fun.

"The overall goal is to bring the unity, bring the family together," he said. "Kind of like a family reunion."

Socials like last week's also provide an opportunity for the community to come out and see what the WTU is all about. In addition to holiday socials, Deberry said the group plans family outings like bowling or a trip to the zoo at least monthly.

Joseph Hightower, WTU administrative director, acknowledged the contributions of the Soldiers, their families and supporters.

"This is really all about letting you, the

Soldier, the warrior, know that we're interested in you," he said.

He also spoke directly to the event's sponsors.

"Thank you so very much ... for the love and selfless service you have shown to our Soldiers and their family members."

Deberry said the event was a joint Thanksgiving and Christmas event, complete with a fully-decorated tree and goodies-filled stockings for the children. Several veterans groups and other community groups donated to support the social, he said.

"Their donations are what made all this happen," he said.

Sgt. Robin Rucker, a WTU Soldier, attended the social with his wife, Christy, and his five children.

"It was just something to get us all to come out and be together," he said. "We like to get together on the holidays."

His wife said it was nice to spend time with the other WTU families.

"I think it's a great thing," she said of the social. "It just joins people together and they get to know each other better, more on a personal level, and not just work."

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Photo by Daniel Terrill

Chief Warrant Officer 3 Melissa Farmer and Chief Warrant Officer 4 Constantine Green, both with the Adjutant General School, partake of the numerous entrees and side dishes offered at the Warrior Transition Unit's holiday luncheon Friday.

New ammo safer for ranges, forest

Daniel Terrill
Leader Staff

Victory Support Battalion held a demonstration at Range 10 Friday using training ammunition that would allow Soldiers to use more firing ranges and would help lessen environmental damage.

Demonstrators used 5.56 mm close-quarters training (CQT) rounds and 7.62 mm short-range training ammunition to show that they are as effective as conventional ball rounds, but cause less damage to infrastructure, said Rubin Regalado, Simunition government business manager.

SRTA use a copper-polymer mix projectile and CQT rounds use a polymer-based projectile, so neither travel as far as ball rounds because they are much lighter and cannot build the kinetic energy.

For example, SRTA, fired out of the M-240B medium machine gun, have a maximum range of 600 meters compared to ball rounds that can travel up to 3,700 meters, Regalado said.

"The distance factor is not the same, it's a training round," said Staff Sgt. Kenneth Keith, a demonstrator and VSB marksmanship instructor. "It has a lot less recoil."

He showed that CQT rounds make a lot less noise, too. Rather than a loud burst it was more of a small pop. However, the rapid shots of the M-240B with SRTA still made loud repeating explosions.

Soldiers from training units and the Environmental and Natural Resource Division watched as a marksman shot a 2-by-4 100 meters out using SRTA to show that it has a weaker impact because it would not penetrate through the wood, but rather gets lodged inside of it.

And if the wood was reinforced the projectile

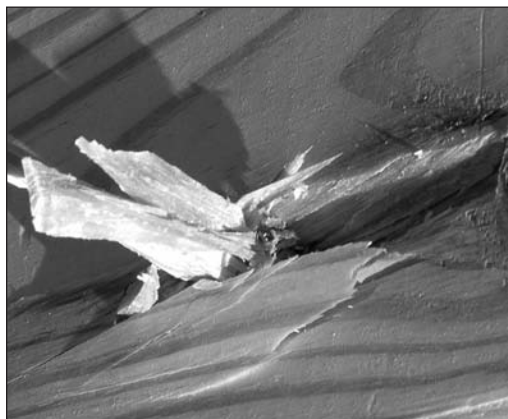


Photo by Daniel Terrill

This 7.62 mm short-range training ammunition does not penetrate a 2-by-4 shot from 100 meters away.

would squash rather than penetrate, Regalado said.

In July, Fort Jackson closed Camden range, which was used as a convoy live fire range, because logistically it was difficult to manage, when in use three other ranges had to close, said Maj. Michael Bailey, VSB. And ENRD discovered training operations had caused heavy damage to the pine tree areas around it.

Short-range projectiles may solve both problems for Camden, other ranges could operate, and it would reduce damage to the trees, Bailey said.

Although Camden may become a SRTA-only range, other ranges that can support and would not disrupt neighboring-ranges would still use ball rounds, Bailey said.

He added, SRTA is in the final stages of approval for Fort Jackson and it will be fully stocked next month.

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New military pay allotments affected by network outage

Crystal Lewis Brown
Leader Staff

Some Soldiers may find their paychecks a little less than planned next pay period. An installation-wide network outage Thursday prevented the Defense Military Pay Office from meeting the Army cut-off for processing some pay actions, said DMPO director Edward Hinson in an e-mail.

Hinson said DPMO sent out the installation-wide e-mail early Friday morning — when his office realized the problem — to immediately inform those who might be affected.

Hinson stressed that only recently made pay actions, including Basic Allowance for Housing and advance pay, might be delayed.

"Their normal pay isn't affected at all," Hinson said. "This is for people who brought in changes, starts, stops and things of that nature."

Because there are two cut-off dates each month, only those Soldiers who have made changes the last three or four days before the Nov. 20 cut-off should experience problems, Hinson said.

Hinson said his office is doing everything it can to work with Soldiers, and even called headquarters Friday morning to ask for an extension in order to process the paperwork. Unfortunately, he said, the actions had already been processed. Fort Belvoir, Va., and Fort Sam Houston, Texas, experienced similar problems, he said.

Those Soldiers who realize their pay changes were not applied will have changes processed in time to receive payments during the mid-December pay period.

Anyone who may need an earlier payment should contact the unit S-1, who will then contact the local DPMO, Hinson said. The DPMO will then work to process a local payment to the Soldier's bank, if certain criteria are met.

"If they fall into those criteria, we'll take the proper steps to make sure they get paid," Hinson said.

Soldiers who receive excess payments they are not entitled to should notify the local DPMO.

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Customer Service Corner

The Community FIRST quarterly issue resolution process has enabled Fort Jackson leadership to review and resolve community issues continuously throughout the year. Issues that are submitted by Soldiers (active duty, Army National Guard and Reserves), family members, civilian employees, retirees and veterans are worked by the garrison directorates and installation organizations.

The Community FIRST process has saved many man-hours and achieved high results in resolving issues.

During fiscal year 2008, 93 Community FIRST issues were received. Of these, 53 were resolved by the appropriate directorate or organization. Some of the completed actions are:

- Providing a food supply list to commissary patrons to assist them in preparing for emergencies;
- Increasing NSPS training for civilian employees and raising awareness of the online training course;
- Starting a family fitness program at the MG Robert B. Solomon Center and offering reduced-fee child care for younger family members;
- Assessing the need for the stop sign at the intersection of Hampton Street and Lee Road;
- Coordinating a bus schedule to provide transportation for teens from points both on- and off-post to the Youth Services Center;
- Partnering with the local area Big Brothers and Big Sisters program to offer mentoring for military children;
- Restoring telephone service at Weston Lake;
- Modifying the post shuttle bus route to accommodate Warriors in Transition;
- Hiring a customer-service representative to assist customers of the Directorate of Public Works with work orders; and
- Increasing staff for Moncrief Army Community Hospital's Central Appointment line, which decreased the average caller's

wait time from more than seven minutes to 1.12 minutes.

Of the remaining issues that could not be completed during the 2008 fiscal year, 14 were deemed unattainable by the Installation Action Council, and 26 are still active.

The active issues continue to be addressed by the directorates as resources become available. During upcoming focus groups, as well as during the annual Army Family Action Plan Conference, delegates will have the opportunity to review and discuss the unattainable and active issues as well as surface new issues.

The Soldier Focus Group and the Family Member Focus Group are scheduled from 8 a.m. to noon, Dec. 9 and 11, respectively. Anyone who lives, works or participates in recreational activities on Fort Jackson is welcome to volunteer as a delegate by calling the Community FIRST coordinator at 751-3425.

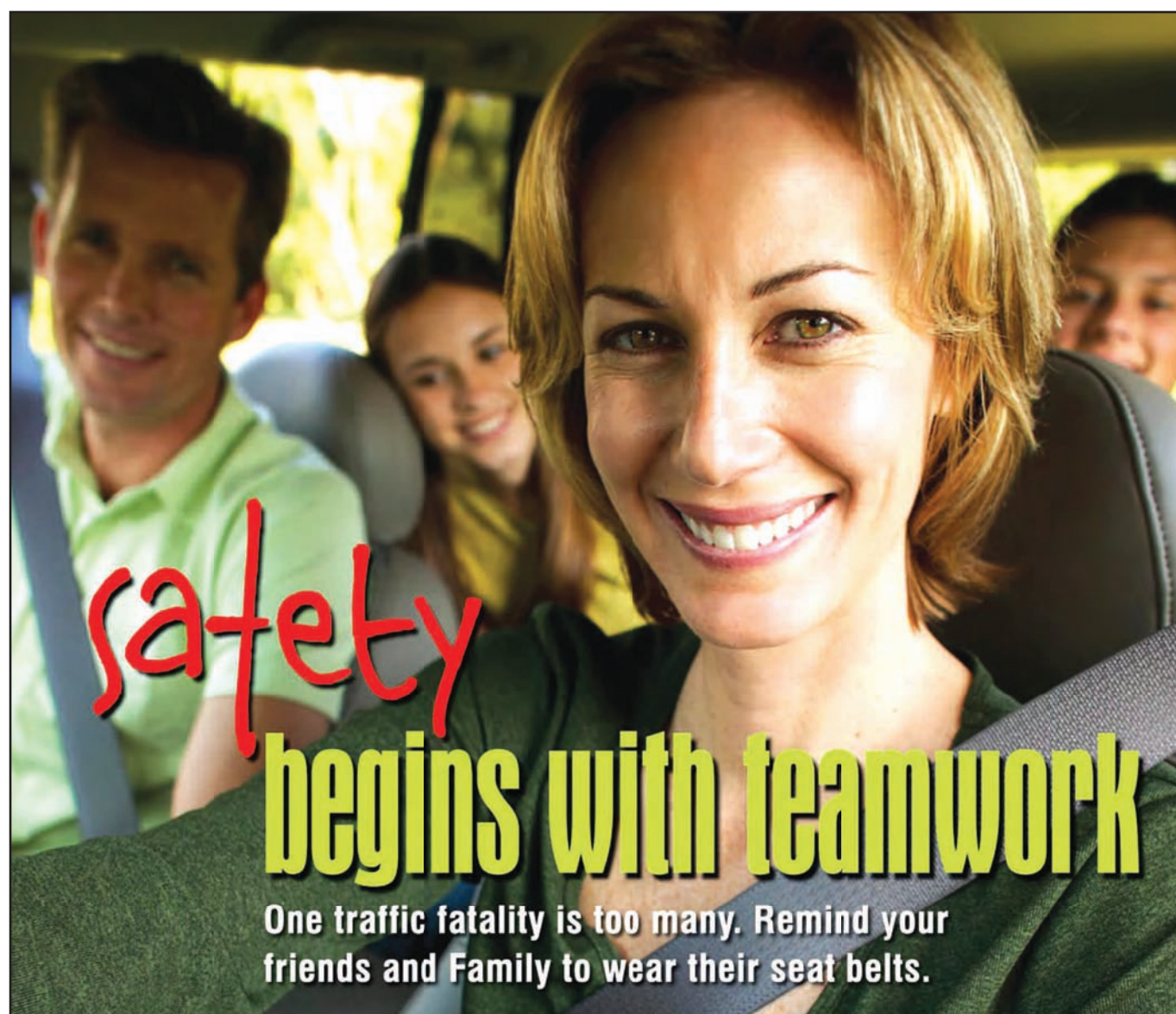
Community FIRST is an ongoing process that allows community members to submit issues that cannot be fixed by Interactive Customer Evaluation.

For a detailed list of issues submitted through the Community FIRST process and the status of each issue, visit the Customer Management Services home page at: <http://www.jackson.army.mil/WellBeing/wellbeing.htm>.

New issues may be submitted on the site as well by clicking on "Submit an Issue or Recommendation" or on the Community FIRST Logo. Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important.

ICE Appreciation

Garrison congratulates Moncrief Army Community Hospital, specifically the Gastroenterology Clinic and the Surgical Clinic. They have achieved a 4.95 and a 4.78 rating, respectively, in Employee/Staff Attitude out of a possible 5.0 for a 12-week period.



A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

from the "Roadrunners" Battalion



Sgt. 1st Class Ryan McCaffrey
Company A,
1st Battalion,
61st Infantry
Regiment



Staff Sgt. Lukas Hearn
Company B,
1st Battalion,
61st Infantry
Regiment



Staff Sgt. Ricardo Gutierrez
Company C,
1st Battalion,
61st Infantry
Regiment



Staff Sgt. Jason Cheely
Company D,
1st Battalion,
61st Infantry
Regiment



Sgt. 1st Class Scott Chadwick
Company E,
1st Battalion,
61st Infantry
Regiment



Staff Sgt. Lawrence Bessey
Company F,
1st Battalion,
61st Infantry
Regiment

FEATURE

American Indian heritage celebrated

Mike A. Glasch
Leader Staff

From the Revolutionary War to the Global War on Terror, American Indians have served with distinction alongside and in the Army. That service and the warrior spirit of the American Indian were honored Wednesday during the National American Indian Heritage month luncheon at the Officers' Club.

"Tribal America has brought to this country certain values and ideals that have become ingrained in the American spirit," said Col. Karl Reed, commander, 171st Infantry Brigade, the host unit for the celebration. "For the United States Army, the warrior spirit is integral to our culture and our success in keeping our nation free. (Americans Indians) remain an example for us all."

Vietnam veteran, and Purple Heart recipient, Jimmy Goins was the guest speaker at the luncheon. He is the chairman of the Lumbee Tribe which is the largest tribe east of the Mississippi River.

Goins said that in many respects, American Indians are no different from others who volun-

teer for military service. They do, however, have distinctive cultural values that drive them to serve their people and their country. First and foremost, he said, is a warrior tradition — a willingness to engage the enemy in battle. The qualities they most cherish — strength, honor, pride, devotion and wisdom — mesh well with military tradition.

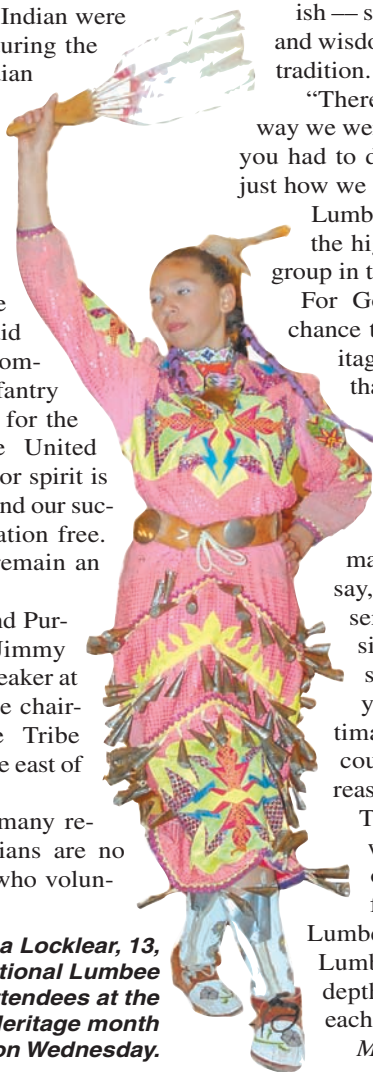
"There is something that about the way we were taught, that no matter what, you had to defend the homeland. That is just how we are raised," Goins said. "(The Lumbee tribe members) volunteer at the highest rate of any other ethnic group in the U.S."

For Goins, the celebration was a chance to share a little about his heritage. He took time to honor and thank the Soldiers in attendance for their sacrifice and their dedication to the warrior values.

"You're blessed. You are the chosen ones. Not too many people have the chance to say, 'I signed on the dotted line to serve my country.' When you sign on the dotted line, you are saying, 'I am willing to die for you. I'm willing to make the ultimate sacrifice for you and our country,'" he said. "That's the reason you are the chosen ones."

Those attending the luncheon were also treated to a number of authentic Indian dances from several members of the Lumbee Tribe. John Oxendine, a Lumbee tribe member, gave in-depth detail of the meanings of each dance and authentic apparel.

Michael.A.Glasch@us.army.mil



Brianna Locklear, 13, performs a traditional Lumbee tribal dance for attendees at the American Indian Heritage month luncheon Wednesday.



Photo by Mike A. Glasch

Billy Hunt, center, and Terry White, pound a beat on a traditional Lumbee drum during the American Indian Heritage month celebration Wednesday.

FEATURE

Happy holidays from the Public Affairs Office



SAUSAGE CHEESE BALLS

Carrie David Ford, Editor

2 packages uncooked sausage (I use hot sausage for added flavor)

16 oz sharp cheddar cheese (or 4 cups shredded)

1 1/2 cups all-purpose baking/biscuit mix

1/2 cup finely chopped onions

1/2 to 1 tsp garlic powder

Preheat oven to 375 degrees. Mix all ingredients together. Form into 1 inch balls. Bake 15 minutes on ungreased baking sheet (I use non-stick aluminum foil for easier clean up) until golden brown. Makes about 6 dozen.

FRIED TURKEY RECIPE

Crystal Lewis Brown, Leader Staff

Turkey

3 gallons of peanut oil

Cajun seasoning or homemade rub (with equal parts garlic powder, cayenne pepper, paprika, salt and pepper or any other seasonings you like)

Jar of injectable marinade (I prefer Cajun, but butter and garlic is also available)

Turkey fryer

Propane tank

Place frozen turkey in fryer and fill with water to determine max oil height (turkey should be fully immersed in water). Take turkey out of water and mark the water line. This is so you do not use too much or too little oil.

Put turkey in the refrigerator three or four days before cooking so it will **defrost completely**. Remove the bag of neck and giblets from inside the turkey. Wash turkey in cold water (run lots of water into cavities). If the turkey has a “pop-up” timer, remove it as well.

The turkey should be marinated the night before frying. Pour the marinade into a bowl and fill the injector from there. If the injector is placed directly into the jar of marinade, dispose of any unused portions to avoid contamination.

Inject the marinade into the turkey thighs, breasts, wings and legs. Once turkey is marinated to taste, apply

seasoning to outside of turkey. Keep turkey refrigerated until ready to cook.

Assemble all cooking materials outside (turkey fryer, propane tank, etc.) The turkey should be placed into the fryer basket. It is very important to read all directions before turning on the fryer.

The fryer should be at least 15 feet from any property, and should not be used in any enclosed area, including a balcony or garage. Heat oil to 375 degrees, then place the turkey in oil. It is important to keep the cooking temperature at around 350-360 degrees, if possible, but definitely not below 340.

Cook turkey for about three minutes per pound plus five minutes. For example, a 15-pound turkey takes 50 minutes to cook and a 10-pound turkey takes 35 minutes to cook.

Turn off heat and remove turkey. Be sure the propane tank and fryer temperature gauge are both in the off positions. Allow all oil to drain from turkey before taking it in the house.

Note: Any gravy made with the turkey drippings will be spicy.

CRANBERRY RELISH

Pat Jones, Deputy Public Affairs Officer

1 bag fresh cranberries

2 Navel oranges, cored, but leave the peel on

2 Fuji or Gala apples, cored

1 15- to 20-oz can of crushed pineapple, drained

1/2 to 1 cup of sugar (depending on the sweetness of the fruit)

Use a food processor to chop all of the fresh fruit. In a large mixing bowl, fold all of the ingredients together. Refrigerate in a covered container for at least 12 hours. It is even better after two or three days as the flavors meld.

CRICKET'S PUMPKIN PIE

Karen Soule, Public Affairs Officer

A lighter, fluffier version of the traditional pumpkin pie.

2 Ready made pie shells, baked as directed

1 15-oz can of 100 percent pumpkin

3 eggs

3/4 cup light brown sugar

1/2 cup milk

1/2 teaspoon salt

1 teaspoon cinnamon

1/2 teaspoon nutmeg

1/4 teaspoon ginger

2 envelopes plain gelatin

1/4 cup cold water

1/4 cup sugar

1 tub Cool Whip

Separate egg yolks and whites.

Put egg whites aside for later.

Mix and cook over medium heat until thick: egg yolks, brown sugar, pumpkin, milk, salt, cinnamon, nutmeg and ginger.

Dissolve gelatin in cold water and

add to the hot mixture. Chill until partially set.

Beat egg whites until light and fluffy. Mix in sugar and fold into chilled pumpkin mixture. Pour into two baked crusts. Refrigerate until firm and then top with Cool Whip.

PUMPKIN SPICE BREAD

Carrie David Ford, Editor

3 cups sugar

1 cup vegetable oil

3 large eggs

1 15-oz can solid pack pumpkin

3 cups all-purpose flour

1 tsp ground cloves

1 3/4 tsp ground cinnamon

1 1/2 tsp ground nutmeg

sprinkle of pumpkin spice (to taste)

1 tsp baking soda

1/2 tsp salt

1/2 tsp baking powder

1 cup coarsely chopped walnuts

Preheat the oven to 350 degrees. Butter and flour, or use baking spray, two 9x5x3-inch loaf pans.

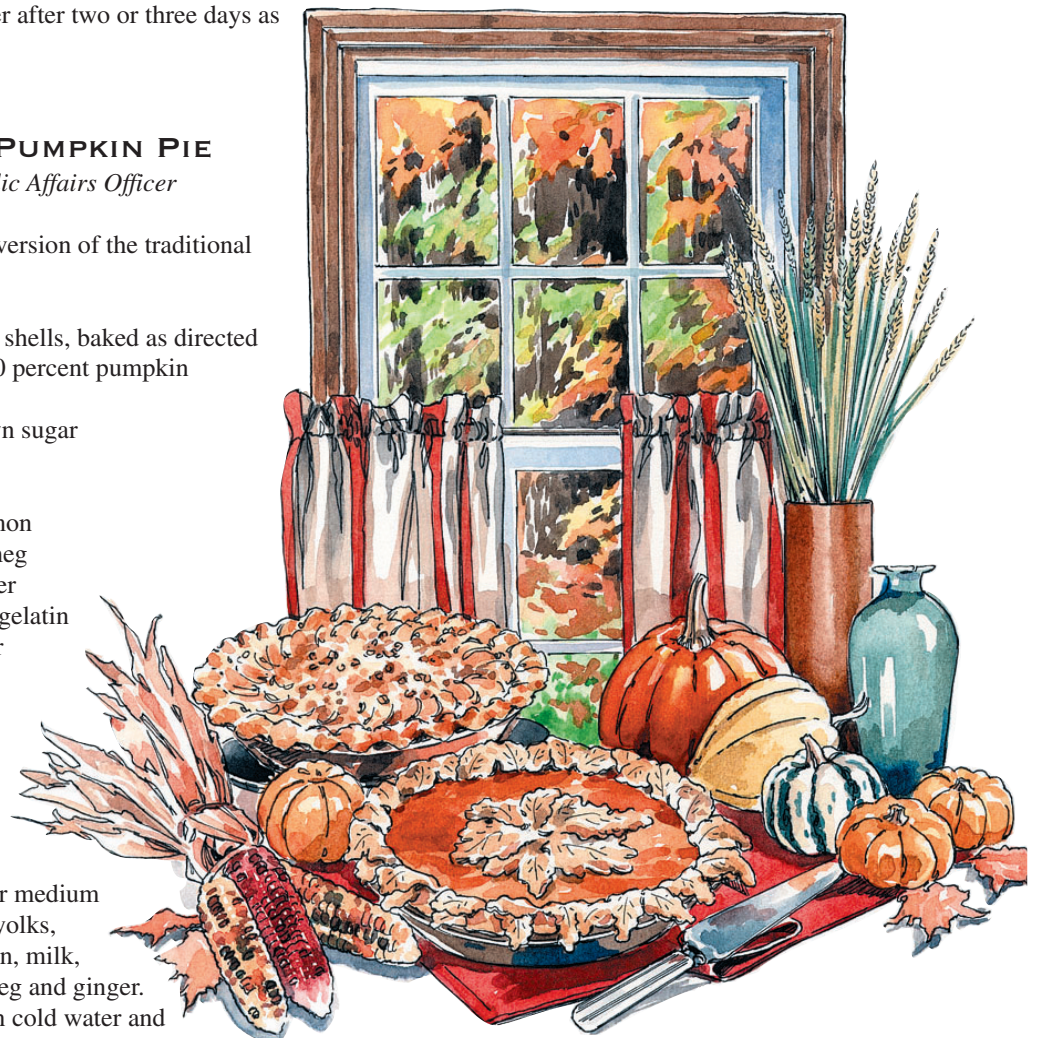
Beat sugar and oil in large bowl until blended.

Mix in eggs and pumpkin.

Sift flour, cloves, cinnamon, nutmeg, baking soda, salt and baking powder into another large bowl. Stir into pumpkin mixture in two additions. Mix in walnuts.

Divide batter equally between prepared pans. Bake until tester inserted into center comes out clean, about one hour, 10 minutes.

Transfer to rack to cool about 10 minutes. Using sharp knife, cut around edges of loaves. Turn loaves onto racks and cool completely.



Directory for wounded warriors, caregivers launched

Jacqueline M. Hames
Army News Service

WASHINGTON — Department of Defense officials have launched the National Resource Directory, a collaborative effort between the departments of Defense, Labor and Veterans Affairs.

The directory, launched last week, is a Web-based network of care coordinators, providers and support partners with resources for wounded, ill and injured service members, veterans, their families, families of the fallen and those who support them.

“The directory is the visible demonstration of our national will and commitment to make the journey from ‘survive to thrive’ a reality for those who have given so much. As new links are added each day by

providers and partners, coverage from coast to coast will grow even greater ensuring that no part of that journey will ever be made alone,” said Dr. Lynda C. Davis, the deputy under secretary of defense for military community and family policy.

Located at <http://www.nationalresource-directory.org>, the directory offers more than 10,000 medical and nonmedical services and resources to help service members and veterans achieve personal and professional goals along their journey from recovery through rehabilitation to community reintegration.

“The VA is extremely proud to be a partner in this innovative resource. This combination of federal, state, and community-based resources will serve as a

tremendous asset for all service members, veterans, their families and those who care for them,” said Dr. Karen S. Guice, the executive director of the federal recovery care coordination program at the Department of Veterans Affairs.

“The community is essential to the successful reintegration of our veterans, and these groups greatly enhance the directory’s scope,” she said.

“The National Resource Directory will prove to be a valuable tool for wounded, ill, and injured service members and their families as they wind their way through the maze of benefits and services available to them in their transition to civilian life,” said Charles S. Ciccolella, the assistant secretary of labor for the veterans’ employment and

training service.

“The Department of Labor is pleased to have the opportunity to work with our partners at DoOD,” he said.

The National Resource Directory is organized into six major categories: Benefits and compensation; education, training and employment; family and caregiver support; health; housing and transportation; and services and resources. It also provides helpful checklists, frequently asked questions, and connections to peer support groups. All information on the Web site can be found through a general or state and local search tool.

The National Resource Directory’s launch in November is a key feature of Warrior Care Month.

Fort Jackson shoppers invited to PX after-Thanksgiving sale

AAFES Corporate Communications

Military shoppers looking to dig in to tasty holiday shopping better bring a big appetite to the PX the weekend after Thanksgiving as the Army & Air Force Exchange Service is serving up three days of great deals, gift card giveaways and scratch-off cards.

The smorgasbord begins at 4 a.m., as the first 100 shoppers entering the Fort Jackson Exchange on Nov. 28-30 will receive a \$20 gift card. Those who aren’t early risers won’t miss out on the savings, as scratch-off cards will be handed out throughout the day on Friday, Saturday and Sunday from 4 p.m. until closing. Every scratch-off ticket will be a winner and prizes include \$100, \$50 and \$25 gift cards, complimentary items at the food court, \$5 restaurant gift cards and much more.

In addition to the giveaways, the PX will have deals on clothing, electronics, jewelry and everything in between.

Black Friday shoppers, for example, will find Magellan Roadmate 1200 GPS units on sale for \$95, boys and girls character fleece

hoodies, to include Spider Man and Tinker Bell, discounted 50 percent and all Nike fleece athletic apparel discounted 40 percent.

Saturday’s hot deals will include 40 percent off men’s Dockers casual pants, all adult and children’s Skechers shoes discounted 25 percent off, \$20 off all artificial Christmas trees 6’ and taller and Sylvania Blu-Ray DVD players for only \$239.

On Sunday, military shoppers will find Sharp 46” full 1080p LCD HDTVs discounted \$400, 40 percent off men’s and women’s Adidas fleece apparel, Dooney & Bourke handbags at select locations marked down 25 percent and Toshiba 9” portable DVD players for just \$139.

“Although the fourth quarter is looking very challenging for retailers, the PX is going to be ready with great assortments and prices,” said Jason Rosenberg, general manager. “Our team has been preparing these sizzling deals for nearly a half year now. We’re excited about the menu of value and excitement we’ve put together to help make this holiday season truly special for families at Fort Jackson.”

Sunset flight



DoD photo by Tech. Sgt. Erik Gudmundson, U.S. Air Force

U.S. Army Soldiers wait to board a C-17 Globemaster III aircraft at Joint Base Balad, Iraq, Nov. 17. The aircraft is deployed from the 437th Airlift Wing out of Charleston Air Force Base, S.C.

Army Family Covenant Update

Teen employment workshop scheduled

Theresa O’Hagan
Family and Morale, Welfare and Recreation

The Employment Readiness Program is committed to the Army Family Covenant, and that commitment includes employment assistance for teenagers.

A Teen Employment Workshop, “How to Complete Job Applications” is scheduled for 1:30-2:30 p.m., Dec. 6 at the Youth Services Center.

Teens will learn how to increase their employment chances by having a strong application and how to avoid common application mistakes.

Each participant will receive a free teen job resource guide.

The Teen Job Readiness Center at the Youth Services Center opened in April.

This center is operated in partnership between Child, Youth and School Services and Army Community Services.

Teens have access to teen employment information, can conduct online job searches, get assistance with creating a resume and much more. An ACS job readiness counselor is available to assist teenagers in completing a career assessment tool.

The job readiness counselor provides career exploration activities, prepares teens to conduct job searches, teaches teens how to prepare for job fairs and several other activities to help students enter the work force.

To register for the workshop, call 751-5452.

For more information on the Teen Job Assistance program, call 751-6153/5256.

Assessment polishes profile for job-seekers

Employment Readiness Program

If you knew exactly what type of job you were best suited for, what would that mean to you?

For most people it could mean more job security, higher income and greater job satisfaction.

The Army Spouse Career Assessment Tool provides up to 10 assessments that are combined to produce a personalized career profile.

A broad range of online career assessments can provide immediate results with information regarding career selection, leadership style, work environment and personal strengths.

ASCAT also offers links to explore the results in detail. Specific assessments or exercises include values, temperament, personality preferences, skills, talents and interest.

All of the assessment and exercise results are combined into a customized internal career profile report.

The more assessments and exercises are completed, the more detailed and complete the career profile will be.

The results can be sent to an employment readiness program manager for feedback.

Most of the assessments take between five and 15 minutes to complete. Once an individual assessment is finished, it may be submitted.

An assessment may be reviewed or changed later. The assessments do not have to be completed all at one time. Since the ASCAT is available around the clock online, you can work at your own pace.

Visit www.myarmylifetoo.com or www.armyonesource.com and select “Work and Careers.” For more information or to talk to a counselor, call 751-5452.



Today
M o v i e
Night begins 6 p.m. at the Youth Center in the Teen Room.
Enjoy **free** **movies** every Tuesday at Magraders Pub.

Wednesday
Be a sensation with **Karaoke with Tom Marable** at **Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

Thursday
Happy Thanksgiving. **Thanksgiving Brunch at the Officers’ Club** by reservation only. Call 792-8761.
Fort Jackson Golf Club closed for the holiday.

Friday
Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.
Artistic Expression with Jake begins 6:30 p.m. at the Youth Center Teen Room.
Dance to a variety of music provided

by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub, and the cover charge is \$3 for military and \$5 for civilians.
The **Officers’ Club** is closed for the holiday.

Saturday
Step Team practice begins 2 p.m. at the Youth Center Dance Room.
The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. The Event features live broadcasts from the BIG DM 101.3 with giveaways 9:30-11 p.m.
Heise Pond is hosting a **Man Drive Deer Hunt** at 5 a.m. Meet at the Heise Pond Game Check station. Cost is \$5 with permit.

Sunday
Enjoy **Family Day at the Youth Center**, 2-6 p.m.
The **Officers’ Club** is closed for the holiday.

Monday
The **NCO Club** presents a **full lunch buffet**, featuring fried chicken or fish,

fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

Ongoing Offers
• The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.
• The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
• The **Officers’ Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.
• The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduation, retirements and other special occasions.
• **Victory Travel** has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$28 per ticket, and Six Flags, \$27 per ticket, for the 2008 season. Some offers require reservations. For more information, visit Victory Travel in the MG Robert B. Solomon Center.

HEALTH

Leadership fitting theme for this year's World AIDS Day

COMMENTARY

Kenneth L. Cobb

MACH Health Promotion Coordinator

A study by the Centers for Disease Control and Prevention found that there were more than a million people — an estimated 1.1 million adults and adolescents — living with HIV in the United States at the end of 2006.

In 2008, CDC estimated that approximately 56,300 people were newly infected with HIV in 2006, the most recent year, for which data is available. Many Americans continue to get infected with HIV, which highlights the need for awareness and education programs.

Every year, the world comes together to commemorate World AIDS Day on Dec. 1. AIDS is the final and most serious stage of HIV and causes severe damage to the immune system. "Leadership" has been chosen by the World AIDS Campaign as the theme for World AIDS Day 2008. This

theme will be promoted with the slogan "Stop AIDS. Keep the Promise."

It is true that government agencies, non-government agencies and private citizens around the world are working to end the devastating effects of AIDS. It destroys individuals and families. It wreaks havoc upon societies and social groups.

The financial and economical effects of this disease overwhelms people, organizations and counties. Although many organizations and people have promised to do all that they can to stop, there is so much more work to be done. Let us all join in and work toward the goal of stopping AIDS. We can make the promise a reality.

Most of us have seen public service messages or advertisements related to HIV or AIDS. Unfortunately, information about HIV and AIDS is not getting through to some folks for whatever reason. We must improve upon this, because new cases of HIV infections continue to be reported.

HIV infections are preventable. I believe all of us can join in and be leaders in preventing the spread of HIV.

How can we do this? It is not difficult.

We need to educate ourselves and share our knowledge with those who are close to us. It is important to spread the word that HIV is most frequently transmitted through unprotected sex or by sharing contaminated needles. Fortunately, transmission from mother to fetus or through blood products has significantly declined in the United States.

It is extremely important that we continue to make people aware that abstinence and practicing effective safe sex methods significantly reduces the risk of HIV transmission. Safer sex methods, such as the proper use of latex or polyurethane condoms, reduce the transmission of infection.

Also, the safe handling of contaminated needles and the practice of never sharing needles can reduce the risk of HIV transmission.

The Moncrief Army Community Hospital, Department of Preventive Medicine supports World AIDS Day by providing an HIV information table from 11 a.m. to 1 p.m., Monday at the Main Post Exchange. For more information, call 751-5035.

November an ideal time to raise diabetes, health awareness

Maj. Thomas Hundley

Moncrief Army Community Hospital

November is American Diabetes Month. This is the time of year that we raise awareness on the ever-growing diabetes epidemic in America.

Back in the day, Teddy Pendergrass recorded a popular love song called Love TKO. The resounding message of that song was, "Think I'd better let it go, looks like another love TKO."

Using that theme, here is some information that can help our community avoid letting diabetes knock us out.

There are risk factors such as age, race and family history that help predict your



Maj. Thomas Hundley

likelihood of developing diabetes. But personal lifestyle choices play an even greater role in increasing our risk of developing diabetes. These include being overweight, having unhealthy cholesterol levels, smoking, high blood pressure and physical inactivity.

Studies reveal that being overweight is the leading risk factor in predicting who will develop type two diabetes.

These same studies also show that more than 300,000 people die every year from diabetes or heart disease, making it one of the leading preventable deaths in America.

To prevent this TKO from happening, we have to decide to change our eating habits and activity levels. This is how:

Eat right

Simple changes in your diet will lead to major results in your health. These include eating fresh fruits and vegetables daily; eating whole grain foods and dried beans like kidney or pinto beans; and adding fish in your meals two to three times per week. It is also wise to drink only water or calorie-free drinks and choose non-fat dairy such as skim milk. Finally, choose liquid oils for cooking instead of solid fats and cut back on the chips, cookies, cakes and ice cream.

Get active

I recommend at least 30 minutes of ac-

tivity daily at least five days a week. If you haven't been active in a while, take it slow and work your way up to 30 minutes.

Some basic activities include walking outside or inside on a treadmill, going dancing, taking a low-impact aerobics class or riding a stationary bicycle indoors. Throughout the day, take the stairs instead of the elevator and park at the far end of the shopping center lot and walk to the store.

Don't allow diabetes to become your Love TKO. Making the personal decision to change how we eat and what we do will help us TKO the threat of diabetes.

November is American Diabetes Month. I encourage you to spread the word and save a life.

Vaccine Shortage

Moncrief Army Community Hospital has been unable to acquire injectable flu vaccine approved for patients 4 to 18 years old. Pediatric Clinic staff is able to immunize children up to age 3 using vaccine approved for children only up to 3 years old. The clinic is open 9-11 a.m. and 1-3 p.m., Monday through Friday at the Family Health Clinic. At the commissary flu drive, injectable vaccine is available for patients 18 and older. The Flumist is also available, which is for children and adolescents not immunized in the Pediatric Clinic (4-18 years of age). However patients ineligible for Flumist must wait until we are able to acquire age-appropriate vaccine.

The commissary flu drive is for all ID cardholders from 10 a.m. to 2 p.m. on Dec. 3 and 6. For more information call 751-0516.

New number for cancelling appointments

A new phone number allows MACH patients to cancel appointments after hours. For after-hours cancellations, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (3723) to cancel an appointment.

Warrior Spotlight



Soldier: Spc. Alonzo Bradley
MOS: 74D, chemical specialist
Hometown: Walterboro, S.C.
Marital Status: Married
Children: Two daughters, 18 and 24, and two sons, 20 and 26
Hobbies: Reading and spending time with family and friends.

Now assigned to the Fort Jackson Warrior Transition Unit, Spc. Alonzo Bradley spent 26 years with the South Carolina National Guard Unit, 218th Mechanized Infantry Brigade. He has done seven tours and two combat tours; one in Bosnia and the other in Afghanistan. He is recovering from a series of strokes he suffered while deployed to Afghanistan. His plan is to await his impending medical board, keep focused on his rehabilitation and transition into retirement.

Thank you for your service.

Health Talks

To have a professional staff member from MEDDAC address a group on health care subjects or preventive medicine, call the health promotion coordinator at 751-5035 or the Department of Quality Management at 751-2501.

COMMUNITY HIGHLIGHTS

Target practice



Photo by Mike A. Glasch

Jim Hawk, American Legion Post 6, Columbia fires an M-16 rifle at Bastogne Range Friday. Hawk was one of more than 30 American Legion members representing 11 posts hosted by the 2nd Battalion, 39th Infantry Regiment.

Holiday Bunco is scheduled for 7-9 p.m., Tuesday at the NCO Club. The cost is \$12. RSVP by Thursday by calling 338-3882 or by e-mail at fjreservations@yahoo.com.

Employment Readiness Orientation

Employment Readiness Program Orientation is scheduled from 8:30 a.m. to noon, Dec. 3 at the Education Center, Room B-206. For more information or to register, call 751-5452.

Red Cross Bloodmobile

A Red Cross Bloodmobile blood drive is scheduled from 8:30 a.m. to 1:30 p.m., Dec. 5 at 2600 Lee Road. Call 360-2036 to sign up for an appointment or for more information.

Teen Employment Workshop

A Teen Employment Workshop on how to complete job applications is scheduled for 1:30-2:30 p.m., Dec. 6 at the Youth Center. For more information or to register, call 751-5452.

Thrift Shop Sale

A Thrift Shop sale is scheduled from 9 a.m. to 2:30 p.m., Dec. 6. For more information, call 787-2153.

Holiday Concert

The 282nd Army "Victory" Band is scheduled to perform its winter concert at 3 p.m., Dec. 7 at the Newberry Opera House and 5 p.m., Dec. 14 at the MG Robert B. Solomon Center. For more information, call 751-3537.

Starting and Running a Small Business

A seminar on how to set up and run a small business is scheduled for 1-3:30 p.m., Dec. 10 in the Education Center, Room B-205. For more information or to register, call 751-5452.

Steps to Federal Employment

A federal employment workshop is scheduled for 8:30-11:30 a.m., Dec. 10 in the Education Center, Room B-206. For more information call 751-5452.

SSI Holiday Social

The Soldier Support Institute holiday

Need a friend?



Photo by Susanne Kappler

This 2-year-old female cat needs a home. For information on this or other pets for adoption, call the Veterinary Clinic at 751-7160.

social is scheduled for 6:30 p.m., Dec. 12 at the NCO Club. The cost is \$15 for E-1to E-6 and is \$17 for all other ranks and civilians. For more information, call 751-8309.

Announcements

STEM Award

Submissions for the Science, Technology and Math award are being accepted until Dec. 12. For information on submitting a STEM-award recommendation, call the installation Equal Opportunity Office at 751-4916 or e-mail Janeen.Simmons@conus.army.mil

Career Assessment

ACS is offering online career assessments. To schedule an individual appointment, call 751-5452.

Spouse Overseas Employment

Individual appointments are available for Spouse Overseas Employment Orientation. For more information, call 751-5452.

Reserve Recruiting

The 1st Battle Command Training Group in Birmingham, Ala., has openings for Soldiers of all military occupational specialties in the rank of sergeant first class through lieutenant colonel. For more information, call (205) 987-8443 or e-mail Larry.Kingsr@usar.army.mil.

DeCA Scholarship Applications

The Defense Commissary Agency is now accepting applications for its 2009 Scholarships for Military Children Program. Scholarship applications are available in commissaries or online at <https://www.commissaries.com> or <https://www.militaryscholar.org>. The deadline for applications is Feb. 18.

208th RSC Vacancies

The 208th Regional Support Group, an Army Reserve logistical unit, has vacancies in all military occupational specialties

This Week

Thrift Shop

The Thrift Shop will be closed today and Thursday for Thanksgiving. A Holiday Hideaway is scheduled from 9 a.m. to 12:30 p.m. Monday. Refreshments will be served. The last blow out sale of the season is scheduled from 9 a.m. to 2:30 p.m., Dec. 6. Call 787-2153 for more information.

Insurance Class

An insurance class is scheduled for 9-11 a.m., today at the Education Center, Room B-302. For more information or to register, call 751-5256.

Stress Break

Stress Break is scheduled from noon to 12:30 p.m., today at 5616 Hood St., Room 10. For more information or to register, call 751-5256.

EFMP Support Group

The Exceptional Family Member Sibling Support Group meeting is scheduled for 5 p.m., today in the Hood Street School, Room 10.

Upcoming

Lights Before Christmas

Hearts Apart will be attending the Riverbanks Zoo Lights Before Christmas event 5:45 p.m., Dec. 12. RSVP by Monday by calling 751-7477 or by e-mail at Ismael.Medina1@us.army.mil.

AFTB Advisory Council

The first quarter Army Family Team Building Advisory Council meeting is scheduled for 3 p.m., Tuesday in the Post Conference Room.

Merry Fitness Extravaganza

The Merry Fitness Extravaganza is scheduled for 4:30-8 p.m., Tuesday at the MG Robert B. Solomon Center.

Military Dependents Scholarships

A military spouse and children scholarship seminar is scheduled for 1-2 p.m., Dec. 3 in the Education Center, Room B-206. For more information or to register, call 751-5452 or 751-4862.

Holiday Bunco

The Fort Jackson Spouses' Club

Fort Jackson Dining Facilities Thanksgiving Meal Schedule

| Unit | Bldg | Meal Times |
|-------------------------|-------|-------------------------|
| 2nd Bn., 13th Inf. Reg. | 12000 | 11:30 a.m. to 2 p.m. |
| 2nd Bn., 60th Inf. Reg. | 11000 | 11 a.m. to 2 p.m. |
| 1st Bn., 34th Inf. Reg. | 5500 | 11:30 a.m. to 2:30 p.m. |
| 2nd Bn., 39th Inf. Reg. | 10401 | 11:30 a.m. to 2:30 p.m. |
| 3rd Bn., 13th Inf. Reg. | 5422 | 11:30 a.m. to 2 p.m. |
| 3rd Bn., 60th Inf. Reg. | 5482 | 11:30 a.m. to 2:30 p.m. |
| 187th Ord. Bn. | 2260 | 11:30 a.m. to 3:30 p.m. |
| 369th AG Bn. | 2230 | noon to 3 p.m. |
| *120th AG Bn. | 1875 | 11 a.m. to 1:30 p.m. |

*Editor's Note: 120th Adjutant General Battalion is design-

ated for retirees and guests of military ID card holders not assigned to a unit. Meal time for retirees and guests is 1:30-2:30 p.m.

Holiday meals (for all diners)

3rd Bn., 34th Inf. Reg. 10791 4-7 p.m., Wednesday
1st Bn., 13th Inf. Reg. 4420 noon to 3 p.m., Wednesday
** Holiday Meal Rates are \$ 6.35 (standard) and \$5.40 (discount). The discount rate is for spouses and dependents of enlisted personnel in pay grades E-1 through E-4. All others use the standard rate. For information call 751-4015/5556.

COMMUNITY HIGHLIGHTS

in the ranks of sergeant to lieutenant colonel. For more information, call 751-9724 or e-mail Glenn.Baker@usar.army.mil.

Individual Resume Class

The Employment Readiness Program is offering Resume Writing for Beginners individual classes. Call 751-5452 for more information.

Holiday Food Drive

The Fort Jackson chapter of the Sgt. Audie Murphy Club is conducting a Holiday Food Drive through Dec. 12. Non-perishable food items can be donated to the 193rd Infantry Brigade, 165th Infantry Brigade, 171st Infantry Brigade and the Soldier Support Institute. For more information, call 751-0964.

Holiday Mailing Deadlines

To ensure holiday cards and packages mailed to APO/FPO addresses arrive by Dec. 25, the United States Postal Service recommends the following schedule:

Space Available Mail — all items except for those being mailed to zip code prefix AE 093 must be mailed by Friday.

Parcel Airlift Mail — all items to zip code prefix AE 093 must be mailed by Monday; items to all other zip codes must be mailed by Dec. 4.

Priority Mail and First-Class Mail Letters and Cards — all items to zip code prefix AE 093 must be mailed by Dec. 4; items to all other zip codes must be mailed by Dec. 11.

Express Mail Military Service — items cannot be sent to zip code prefix AE 093; items to all other zip codes must be mailed by Dec. 18.

For more information, visit <http://www.usps.com/supportingourtroops/welcome.htm>.

Free After School Program for Middle School Students

The Boys and Girls Club of the Midlands will offer free after-school programs for middle-school students. Transportation home is available for \$10 a week. All Army youth and dependents of Army civilian employees are eligible. For more information, call 231-3300. www.bgcmidlands.org or call 231-3300.

Fire Alarm Warning

If occupants of a building notice a malfunction in the fire alarm system, it should be reported immediately by calling 751-4142/7217. No one should work on a fire alarm system except authorized personnel. Tampering with a fire alarm system, a violation of Fort Jackson Regulation 420-90 and South Carolina law, is punishable under the Uniformed Code of Military Justice. For more information, call 751-1610.

ChildFind Early Childhood Screenings

Parents who live on post and have concerns about their child's development regarding speaking, thinking, moving, social and emotional skills or daily living skills can schedule a ChildFind screening appointment for possible special education services. For more information or to schedule a screening, call 782-1772.

Motorcycle Safety Training

To ride a motorcycle on Fort Jackson, Soldiers and civilians are required to take the Basic Rider Course. Soldiers also need to attend the training to ride a motorcycle off post. The BRC is a two-day course offered

weekly.

The Safety Office also offers an optional Experienced Rider Course. All classes are free. Soldiers and civilian

employees will not be charged pass or leave to attend. Training is available to retirees and family members on a space available basis.

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Play Group meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Columbia Composite Squadron (Civil Air Patrol) meets at 6:30 p.m., Mondays at Columbia's downtown airport, Owens Field, main conference room. For more information, e-mail tom.alsup@gmail.com or visit online at www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail pwocjackson@yahoo.com.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

The Ladies Auxiliary meets at 3 p.m., the second Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Weight Loss Surgery Support Group meets at noon the second and fourth Monday of the month at the Weight Management Center, 180 Laurel Street, Columbia. The group also meets the second and fourth Tuesday of the month at 6:30 p.m. at the Palmetto Health Baptist Breast Health Center, 1501 Sumter St., Ground Level, Meeting Room 2, Columbia.

Seabees meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

Veterans of Foreign Wars meet at 7:30 p.m., the

second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room www.jackson.army.mil/360/SAMC/home.htm.

American Legion Post #182 meets at 7 p.m., the first Tuesday of the month at the Officers' Club. For information, call 351-2333.

Disabled American Veterans meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. For more information, call 482-4456.

Vietnam Veterans of America Chapter 303 meets at 7 p.m., the third Tuesday of the month at American Legions Post 6, 200 Pickens Street. For more information, call 312-4895.

Purple Heart #402 meets at 7 p.m., the fourth Tuesday of the month at the American Legion Post #6 on Pickens Street. For information, call 351-2333.

American Red Cross new adult volunteers orientation is the third Wednesday of the month from 9 a.m. to noon at building 2179 on Sumter Ave. For more information, call 571-4329.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magraders Club. For information, e-mail sec@ffvictoryriders.com.

Society of American Military Engineers meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

MEDPROS training will be held 1-4 p.m., the third Friday of the month at the hospital, Room 9-83. For more information or to register, e-mail Jaclynne.Smith@amedd.army.mil.

Retired Enlisted Association meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail jrodgers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV meets at 11 a.m., the third Saturday of the month, except July and August, at the DAV Headquarters 511 Violet St., West Columbia. For information, call 260-1067.

U.S. Navy Sea Cadets, for 11-18 year olds, meet the third weekend of the month. For information, call 622-8707.

Fort Jackson Spouses' Club meets monthly. Visit their Web site, www.fortjacksonspousesclub.com, for more information about upcoming meetings and events, or contact the group at Ft.JacksonSpousesclub@yahoo.com.

The Thrift Shop board meets at 10 a.m., the second Monday of each month at the Thrift Shop. Call 787-2153 for more information.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@conus.army.mil.

Training through the ey

Susanne Kappler
Leader Staff

For Sgt. 1st Class Gabriel Lopez, working 15 hours a day is the norm, not the exception. Working six days a week is expected, not suggested. Lopez is an infantryman with vast combat experience, but this may be his toughest assignment. He is a drill sergeant.

The work hours are hard, he admits, but he does not complain.

“You just deal with it and drink coffee,” he says while sipping a cup.

It is Nov. 7, the second week of Basic Combat Training for the Soldiers of Company F, 2nd Battalion, 39th Infantry Regiment. The first two weeks are called the “red phase.”

During this phase, drill sergeants teach new Soldiers the fundamentals of being in the Army.

“We make sure they look like a Soldier, make sure they act like a Soldier, make sure they know how to be a Soldier,” Lopez explains. “We make sure that they understand the Army values, and not only understand them, but apply them.”

To do that, the Soldiers need to learn discipline.

“In the beginning, you’re always there nitpicking everything,” Lopez says. “But as you go along, they’re supposed to become more disciplined, so you don’t have to do that very much.”

Throughout the day, Lopez corrects Soldiers for every kind of infraction imaginable — from carrying a weapon

incorrectly to leaving a footlocker unlocked. Sometimes the correction takes on the form of a reminder, other times a formal reprimand is necessary. However, contrary to the stereotype of a screaming drill sergeant, Lopez seldom raises his voice.

“I don’t feel like I have to yell to get my point across,” he says.

Throughout red phase, drill sergeants quickly get an understanding of what kind of personalities they are dealing with in the Soldiers entrusted to them. Some stand out because of their exceptional abilities, others because they have difficulties adapting.

“If you know the Soldiers’ names by heart, it’s either because they’ve done something good or because they’ve done something really bad,” Lopez says.

On this day, Lopez calls Military Police because one Soldier is out of line with his drill sergeant. The situation does not escalate to a fist fight, but the Soldier will be punished for being disrespectful to his superior. He will be given another chance in a different platoon, but one more incident may send him home.

Drill sergeants also identify Soldiers who are suited to be platoon guides and squad leaders. There are only two, sometimes three, drill sergeants in a platoon of about 60 Soldiers, so leaders who are selected from within the group play a big part in the platoon’s success.

“The leaders are going to step up to the plate and want to take charge,” Lopez says. “They help us disseminate information and spot check.”

In the red phase of basic training, many of the exercises are geared toward building the Soldiers’ confidence level.

By the end of the second week, they have already gone through the “Fit to Win” obstacle course, trained in Modern Army Combatives and experienced the Nuclear, Biological and Chemical Gas Chamber.

On this day, they learn how to fight close to the enemy by learning how to use bayonets and fighting with pugil sticks, American Gladiator style.

What the Soldiers do not know is that this is Lopez’ first time as a drill sergeant conducting bayonet assault training.

“Not every drill sergeant gets to do everything,” he explains. During his previous two cycles, he was busy with other duties while the Soldiers were at the Bayonet Assault Course.

Lopez instructs the Soldiers how to use the bayonet and corrects them as they perform the exercises.

“We always have to break the training down for the Soldiers,” he says. “These Soldiers don’t know anything yet, so there’s no base. We actually have to establish a base.”

And the time to do that is limited.

“We have to do some training after dinner. That’s an hour of valuable time,” he says as the sun goes down. “You always feel like you’re behind. It’s like that every cycle.”

Susanne.Kappler1@us.army.mil



Lopez shows a Soldier in his company how to reattach the hand guard of his M-16 rifle during bayonet assault training.



The Soldiers of Lopez’s 1st Platoon are awaiting mail call. Before he hands out the mail, Lopez talks to the Soldiers about the importance of keeping their items secured at all times.

es of a drill sergeant



Photos by Susanne Kappler

Sgt. 1st Class Gabriel Lopez, a drill sergeant with Company F, 2nd Battalion, 39th Infantry Regiment, makes sure all his Soldiers are accounted for during the company's march to the Bayonet Assault Course Nov. 7.



During an impromptu barracks inspection, Lopez finds a wall locker unlocked. Soldiers are required to keep their wall and footlockers locked at all times to protect their personal belongings and the equipment issued to them by the Army.



After dinner, training moves to the classroom, where Lopez explains first aid techniques. After Lopez demonstrates the techniques, the Soldiers practice in groups.

CHAPEL

Finding, keeping joy in any situation

Chaplain (Capt.) Timothy E. Fary
2nd Battalion, 60th Infantry Regiment

As a deployed chaplain, I encountered a junior enlisted Soldier whose morale always seemed to be high. His neighborhood growing up was on the South Side of Chicago. He was, by his own definition, “from the hood.”

He was tall, strong and had a great smile. Whenever I would ask him how he was doing he would grin from ear to ear and say “Sir, they can’t steal my joy! They keep trying, but they can’t steal it, I won’t let them.”

Several months into our deployment, he was pulling guard duty at an ammo supply point. From what I heard

of the story, someone tried to run over the berm (the wall of dirt surrounding the camp) very late at night, as he was walking to his guard tower.

When the quick reactionary force arrived at his position, my Soldier had stopped the intruder, subdued him, had him on the ground, and my Soldier was standing over him with his weapon drawn yelling at the top of his lungs “YOU CAN’T STEAL MY JOY! YOU CAN’T STEAL MY JOY!” I got the sense that both parties suffered a bit of trauma from that situation.

I’ve had to ask myself of late, “What has ownership of my joy?”

Whether I am deployed or a counseling Soldiers in

basic combat training, often that is all I hear anyone say: “Sir, I’m ready to go to the house.” “Chaplain, it’s time to go.” “Sir, I need to see my family.”

We can be completely immersed in a culture that has our reunion with friends and loved ones already seated squarely on the thrones of its heart and mind.

These are all great affections, but not *the* affection. God’s spirit has gently convinced me that only he rules there. I’ve been reminded and encouraged to seek his face and find joy.

My prayer is that he will rule in his rightful place in my heart, and will reveal himself to my Soldiers, that our joy may be complete.



Protestant

■ Sunday

8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)

8 a.m. Bayonet Chapel (Hispanic)

9 a.m. and 10:30 a.m. Magruder Chapel

9:30 a.m. Main Post Chapel

10:45 a.m. Post-wide Sunday School (Main Post Chapel)

11 a.m. Daniel Circle Chapel

11 a.m. Memorial Chapel

11 a.m. Chapel Next Chaplain School

■ Wednesday 7 p.m. Gospel Mid-week Service Daniel Circle Chapel

PROTESTANT BIBLE STUDY

■ Monday

7 p.m. Women's Bible Study (PWOC — Main Post Chapel, Class 209)

■ Wednesday

7 p.m. Anderson Street Chapel

7 p.m. Daniel Circle Chapel

7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)

■ Thursday

9:30 a.m.-noon Women's Bible Study (PWOC, Main Post Chapel)

6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)

7 p.m. LDS Bible Study (Anderson Chapel)

■ Saturday

8 a.m. Men's Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall))

PROTESTANT YOUTH OF THE CHAPEL

■ Sunday

5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)

■ Wednesday

6:30 p.m. Main Post Chapel

Catholic

■ Monday-Friday

11:30 a.m. Mass (Main Post Chapel)

■ Sunday

8 a.m. Mass (MG Robert B. Solomon Center)

11 a.m. Mass (Main Post Chapel)

9:30 a.m. Mass (120th AG Battalion Chapel)

9:30 a.m. CCD (Education Center)

9:30 a.m. Adult Sunday School

12:30 a.m. Catholic Youth Ministry

■ Wednesday

7 p.m. Rosary

7:30 p.m. RCIA/Adult Inquiry

Lutheran/Episcopalian

■ Sunday

8 a.m. Memorial Chapel

Islamic

■ Sunday

8-10 a.m. Islamic Studies (Main Post Chapel)

■ Friday

12:30-1:45 p.m. Jumah Services (Main Post Chapel)

Jewish

■ Sunday

9:30-10:30 a.m. Memorial Chapel

10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Church of Christ

■ Sunday

11:30 a.m. Anderson Chapel

Latter Day Saints

■ Sunday

9:30-11 a.m. Anderson Street Chapel

Addresses, phone numbers

Daniel Circle Chapel

3359 Daniel Circle, Corner of Jackson Boulevard, 751-4216

Main Post Chapel

4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469

Bayonet Chapel

9476 Kemper St., 751-4542

Family Life Chaplain

4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780

Anderson Street Chapel

2335 Anderson St., Corner of Jackson Boulevard, 751-7032

Education Center

4581 Scales Ave.

Magruder Chapel

4360 Magruder Ave., 751-3883

120th Rec. Bn. Chapel

1895 Washington St., 751-5086

Memorial Chapel

4470 Jackson Blvd., 751-7324

Chaplain School

10100 Lee Road, 751-8050

Imperiled homeowners have options

Capt. Vito Abruzzino
Legal Assistance Attorney

Recently, the economic news across the country has not been good. Consumer prices are rising, real estate prices are falling, and many homeowners’ equity is all but gone.

Foreclosures are up, as well. People across the United States are finding themselves behind the eight ball, unable to fend off foreclosing creditors. If you are struggling financially, you are not alone. You can get help.

If you know you are unlikely to meet your mortgage obligation, the first thing you should do is call your lender. Do not put it off, be embarrassed or ignore letters from your lender because those responses will make the situation worse, not better. Depending on your particular situation and hardship circumstances, there are some options that your lender might propose.

First, your lender might agree to grant you forbearance. This means the lender will wait to take legal action, granting you more time to make the payment or offer a payment plan that better suits your current situation.

Secondly, the lender may offer a “debt forgiveness” option. That is, the lender will forgive one or two missed payments and agree to waive those past payments if you

agree to stay current from that point forward. This is extremely rare, but worth asking about.

Thirdly, inquire whether the lender will allow you to spread out the missed payments over a longer period of time. This option is known as a “repayment plan.”

A “note modification” is also a possibility. If you currently have an adjustable rate and fear that it may spike in the future, the lender can “fix” or freeze the rate at a mutually agreeable figure to better help the debtor.

Finally, if all else fails, see if you can sell the home outright or obtain a “short-sale.” While a short-sale does hurt credit, it is not as bad as foreclosure. In other words, do anything and everything possible to avoid foreclosure. Your credit score will thank you.

Foreclosure often impacts renters, too, who are forced to relocate when their landlords are forced into foreclosure. For those Soldiers who are renting their homes, a new law allows the government to pay for some local moves when military members or their dependents are forced to move because their landlord is facing foreclosure. There are also a number of laws specifically designed to help military members through economic or legal difficulties.

Legal proceedings can be delayed, mortgages can be

Operation Hours

Fort Jackson’s Legal Assistance Office, located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, is open 9 a.m. to 4 p.m., Monday through Thursday.

For appointments, call 751-4287. The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-4 p.m., Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

renegotiated, grants or low-cost loans may be available, etc. The Servicemember's’ Civil Relief Act can also be of assistance.

If you are having problems making ends meet, being forced to move from your rented home, or just confused about your situation, you can get free, confidential help from a number of sources including your Installation Family Readiness/Support Center to provide financial counselors and your military legal assistance office to provide a licensed attorney and advice on the matter.

Buckle up. Every trip, every time

National Highway Traffic Safety Administration

Thanksgiving should be a joyous time for all families in America, but far too often the celebration turns to tragedy on the nation's highway.

Everyone driving this Thanksgiving holiday week should drive carefully and defensively, should never drive impaired and, most importantly, buckle up each and every trip.

To lose a loved one is a terrible thing to experience, especially during America's family holiday, but to lose one's life when it might have been saved by taking two seconds to buckle a seat belt is truly senseless. Whether a trip is long or short, remember to buckle up every trip, every time.

Far too often, this good advice is not heeded. Nationally, during the Thanksgiving holiday period in 2006, 457 passenger vehicle occupants died in motor vehicle traffic crashes, including 188 during daylight hours and 266 during night time (for three deaths the time is not known).

Night time is one of the more dangerous times on the road because seat belt use is lower. Of the 266 night-time Thanksgiving passenger vehicle occupant deaths, well over half (138) died with their seat belts unfastened; while almost half of those killed in daytime accidents were not wearing seat belts.

Regular seat belt use is the single most effective way to protect people and reduce fatalities in motor vehicle crashes, according to the National Highway Traffic Safety

Administration. Research has shown that when lap and shoulder belts are used properly, the risk of fatalities in the front seat is reduced by 45 percent, and the risk of moderate to serious injury is reduced by 50 percent.

Editor's Note: *The Army Substance Abuse Program wishes everyone a safe and happy Thanksgiving. And remember, the only belt you should unbuckle this, and every Thanksgiving, is the one at the dinner table, not the one in your car.*

The source for this article was the National Highway Traffic Safety Administration. For more information about highway safety during the Thanksgiving holiday, visit www.nhtsa.gov.

If you have any questions about substance abuse, call 751-5007.

ASAP Calendar of Events

The Army Substance Abuse Program provides prevention and education to the community on topics pertaining to alcohol and other drug usage.

ASAP maintains a wide selection of pamphlets and videos that can be used to get a better understanding of the dynamics of substance abuse and use.

ASAP staff is available to give presentations on alcohol and drug abuse.

For questions about classes offered or about substance abuse, call 751-5007.

